Cardiovascular disease is the second leading cause of death among Canadians. Given that life-style interventions, such as diet and exercise, serve as initial treatments for hypercholesterolemia, identifying dietary constituents that facilitate efficacious reductions in circulating LDL-cholesterol is a high research priority. For example, fibre is a nutrient that is most often associated with beneficial effects on laxation. However, specific dietary fibres from oats and psyllium have been shown to elicit benefits that extend beyond bowl regularity by inducing clinically relevant reductions in circulating LDL-cholesterol levels ranging from 7% to 9%, respectively. In addition, various jurisdictions, including the Government of Canada, have recognized the cholesterol-lowering properties psyllium and oat fibres and have permitted health claims that permit their hypocholesterolemic effect to be displayed on food labels. Recent research has demonstrated that food-based cholesterol-lowering therapies can act as adjuncts to pharmacological cholesterol-lowering medications and facilitate greater clinical outcomes than when either therapy is utilized independently. The clinical utility of psyllium and oat fibres in reducing cholesterol will be enhanced from current research aimed at identifying the underlying genetic and metabolic basis for hypercholesterolemia and subject specific responses to lipid-lowering therapies. This session will provide information regarding the practical application of oat and psyllium fibres to pharmacy practice by discussing dosages for cholesterol-lowering efficacy, mechanism of action, regulatory guidelines, the use of psyllium and oat fibre as adjuncts to cholesterol-lowering medications and food-derived bioactives as well as personalized therapy.

About Dr. Rideout
Dr. Rideout is an assistant professor in the Department of Exercise and Nutrition Sciences at the University at Buffalo and serves as an adjunct professor in the Department of Human Nutritional Sciences at the University of Manitoba. After completing his Doctorate at the University of Guelph, Dr. Rideout initiated a post-doctoral fellowship at the University of Manitoba’s Richardson Centre for Functional Foods and Nutraceuticals. Dr. Rideout’s current research interests focus on diet and nutraceutical-based strategies that effectively prevent and treat dyslipidemia and associated arterial health conditions. Dr. Rideout has specific interest in examining the lipid-lowering effects of combination diet therapies and in identifying patient-specific factors that influence the variable responsiveness of blood lipids to the consumption of dietary bioactive compounds.
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